## **Desert Hiking Safety Tips**

- Never go into the desert without first informing someone as to your destination, your route, and when you will return. Stick to your plan.
- Carry at least ONE GALLON OF WATER PER PERSON PER DAY of your trip.
- If you have water drink it. Do not ration it.
- If water is limited, keep your mouth shut. Do not talk, do not eat, do not smoke, do not drink alcohol, do not take salt.
- **Keep an eye on the sky**. Flash floods may occur any time "thunderheads" are seen, even if it's not raining where you are.
- Carry a cell phone if at all possible.
- Do not sit or lie directly on the ground, it might be 30 degrees hotter than the air.
- A roadway is a sign of civilization. If you are lost and find a road, stay on it.
- When not moving, use available shade or erect shade from tarps, blankets, etc. anything to reduce the direct rays of the sun.
- **Keep clothing on.** It helps to keep the body temperature down and



reduces the dehydration rate. Cover your head. If a hat is not handy, improvise a head covering.

While walking, rest for at least 10 minutes an hour. If you are not normally physically active, rest up to 30 minutes each hour. Find shade and prop up feet. Loosen shoes, but do not remove. You might not be able to get them back on swollen feet.

## **Online Information**

Learn more about the park and sign up for the monthly Parks Newsletter at: AZStateParks.com/Parks/CATA

## **Trail Etiquette**

#### **Hikers:**

- When being approached by someone traveling faster than yourself, step aside and let them pass.
- If you are in a group, do not block the trail.
- If your group meets another group, those traveling uphill should have the right-of-way.
- Equestrians always have the right-of-way.

#### Don't Litter:

- Pack out what you pack in.
- Practice "leave no trace" ethics.

### **Follow Trails:**

- Stay on designated trails. If there is no designated trail, try using animal paths. Remember, desert environments are easily damaged and slow to heal.
- Don't shortcut switchbacks this can cause severe erosion problems.

#### Sanitation:

- When restrooms are not available, practice the "cat method" of digging a shallow hole and covering when done.
- Use as little toilet paper as possible.
- Be at least 100 feet away from the nearest water source.
- Remove pet waste in disposal bags, or bury away from the trail.

## **Arizona State Parks**

1300 W. Washington Phoenix, Arizona 85007

Phone & TTY (602) 542-4174 Toll Free (800) 285-3703 from 520 & 928 area codes Fax (602) 542-4180

*Equal Employment Opportunity* Agency. This document is available in alternative formats. Contact the ADA Coordinator at (602) 542-4174.



AZStateParks.com

# State Park



11570 North Oracle Road **Tucson, AZ 85737** (520) 628-5798

# Trail Guide

Welcome! Hiking, horseback riding and bicycling on the trails at Catalina State **Park** are popular activities, with trails of varying length and difficulty. Please familiarize youself with Trail Etiquette and important Safety Tips before heading out.

# **Birding Trail**

1 mile, loop

An easy one-mile loop beginning at the Trail Head parking lot, this trail passes through three different habitat types. Visitors have the opportunity to observe various bird species that tend to frequent desert scrub, mesquite bosque and riparian vegetation. Trailside signs address the relationships between certain bird species and the habitat types they prefer. The trail crosses a wash, so seasonal stream flow might result in wet feet. About 45 minutes walking time. **Horses are** not permitted on this trail.

## **Romero Ruins** Interpretive Trail

3/4 mile, loop

Access to this trail is from a parking lot on the main road near the picnic area. The Romero Ruin is an archaeological site that includes the remains of a Hohokam village dating back to about 500 A.D. The trail is an easy 3/4-mile loop through the remaining surface features. Trailside signs address the archaeology of the site, as well as the Hohokam culture. The trail crosses a wash, so seasonal stream flow might result in wet feet. Plan on about 30 minutes walking time. For the protection of cultural resources, this trail is for pedestrians only; no horses or bicycles. Dogs on leash are welcome.

## **Nature Trail**

1 mile, loop

An easy 1-mile loop beginning at the Trail Head parking lot, this trail meanders through low foothills in typical desert scrub vegetation. Trailside signs address the plants, animals, climate and geology of the area. Plan on about 45 minutes walking time. Horses are not permitted on this trail.

## **Bridle Trail**

1.4 miles, one-way A flat, easy 1.4-mile trail connecting the Equestrian Center with the Trail Head, Plan for about 45 minutes each way.

# Canyon Loop Trail

This is an easy 2.3-mile loop through the foothills that begins at the Trail Head parking lot. The loop is created by a link connecting the Romero Canvon Trail and the Sutherland Trail. Canyon Loop Trail crosses a wash several times, so seasonal stream flow might result in wet feet. The trail is relatively flat, but about halfway around there is a slope with about 90 stairsteps. There is a bypass trail around the steps for horses. It's about 60 minutes walking time to complete the loop.



Romero Canyon Trail

7.2 miles, one-way

Moderately-difficult, Starts at the Trail Head parking lot and immediately crosses Sutherland Wash, which flows seasonally (might get your feet wet). The first mile is a relatively flat and easy walk to Montrose Pools (usually dry). The next 1.8 miles is a steep and rocky climb to Romero Pools, which is the first place where the trail crosses a streambed. Montrose Pools and Romero Pools are shallow catchments on canvon streams that flow seasonally. From the Trail Head to Romero Pools is 2.8 miles with an elevation gain of 1,000 feet. It's about 2 hours from the Trail Head to the pools.

To continue beyond Romero Pools, follow the trail to the right after it emerges from the streambed. It will make a short climb out of the streambed and then level-out heading up-canyon. The trail continues to climb another 4.4 miles up the canyon to Romero Pass at 6,000 feet elevation. From the Trail Head to Romero Pass is 7.2 miles with an elevation gain of 3,300 feet, about a 5-hour hike. Romero Canvon Trail ends at Romero Pass, where it intersects Mt. Lemmon Trail (to Mt. Lemmon) and West Fork Sabino Trail (to Sabino Canvon), Above Romero Pools, poor trail conditions might be encountered in some areas as a result of a forest fire in 2003. This is an un-maintained wilderness trail. Because it is steep and rocky, Romero Canyon Trail is not recommended for horses beyond Montrose Pools (1 mile out from Trail Head). **The trail** is closed to bicycles and dogs beyond Montrose Pools because it enters the Pusch Ridge Wilderness, which includes a **Desert Bighorn Sheep Management Area.** 

Unless otherwise noted all trails are multi-use for hikers, bicycles, horses and leashed dogs. Dogs must be leashed ALL TIMES / ALL AREAS. You MUST pick up after your dog!

## 50-Year Trail

7.8 miles, one-way

An easy trail that is especially popular with equestrians and mountain bikers, the 50-Year Trail begins at the park Equestrian Center and follows a ridgetop 2.6 miles through the northern half of the park. After leaving the park, the trail continues for another 5.2 miles through open desert on State Trust land. The terrain is up-anddown through foothills, but there is only a few-hundred feet of elevation change from beginning to end. Plan for about 4 hours each way to walk the entire 7.8-mile length of this trail. There is a 2.2-mile trail link on the north end of the park which connects the 50-Year Trail with the Sutherland Trail.

## **Sutherland Trail**

10.8 miles, one-way

The first few miles is easy hiking that begins at the Trail Head parking lot and gradually climbs about 700 feet in elevation. The trail then leaves Catalina State Park and climbs through Cargodera Canyon in Coronado National Forest, At this point, the trail becomes steep and rocky as it begins an ascent to about 8,600 feet elevation where it ends at an intersection with Mt. Lemmon Trail (to Mt. Lemmon). The total length of Sutherland Trail is 10.8 miles with an elevation gain of 5,900 feet. There is a 3/4mile section of this trail about a mile out from the trail head that is closed to bicvcles because it passes through a wilderness area. Seasonal stream flow on this trail might result in wet feet. Plan on about 90 minutes from the Trail Head to the park boundary. There is a 2.2-mile trail link on the north end of the park that connects the Sutherland Trail with the 50-Year Trail.